



 **100%**  
HEALTH SCORE

## Korean-Inspired Black-eyed Peas and Kale Bowl

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups pea-mond dressing dried picked over rinsed
- 6 servings brown rice
- 1 tablespoon coconut aminos
- 2 cloves garlic minced
- 1 clove garlic clove minced
- 1 tablespoon ginger paste chopped
- 2 teaspoons ginger chopped

- 12 ounces kale chopped
- 1 small onion chopped
- 0.5 bell pepper red chopped
- 0.3 teaspoon pepper red to taste (gochugaru)
- 0.5 teaspoon salt
- 0.3 cup water

## Equipment

- bowl
- frying pan
- sauce pan
- pressure cooker

## Directions

- Combine the black-eyed peas, 5 cups water, 1 tbsp. ginger, 1 tbsp. garlic, and 1/2 tsp. salt in a pressure cooker or large pot. For pressure cooking, seal the cooker and bring to high pressure. Cook at high pressure for 10 minutes; then allow the pressure to come down naturally for 10 minutes before releasing the pressure. For regular cooking, use 6 cups of water. Cover and simmer until peas are tender (60–90 minutes), adding more water if necessary.
- Drain the cooked peas, reserving 1 cup of liquid.
- Heat 2 tablespoons of water in a medium-sized non-stick saucepan.
- Add the 2 teaspoons chopped ginger root and 2 cloves of garlic. Cook for 2 minutes.
- Add the drained peas, 1/3 cup of their cooking liquid, 1 tbsp. soy sauce (or tamari), and red pepper to taste. Simmer uncovered for 20–30 minutes, as you prepare the kale.
- Heat a deep, non-stick skillet.
- Add the chopped onion and cook until it begins to brown, adding a little water as necessary to prevent sticking.
- Add the red bell pepper and garlic and cook for another minute. Stir in the kale and 1/4 cup water and quickly cover. Steam until the kale is tender but still bright green, 3–6 minutes.
- Remove from heat and stir in the soy sauce (tamari).

Place a serving of rice into each bowl. Arrange the black-eyed peas on one side of the rice and kale on the other.

Serve with hot sauce, such as Sriracha or the Gochuchang sauce in the notes below.

## Nutrition Facts

 **PROTEIN 13.72%**  **FAT 8.38%**  **CARBS 77.9%**

### Properties

Glycemic Index:44.29, Glycemic Load:23.4, Inflammation Score:-10, Nutrition Score:28.912608820459%

### Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 13.97mg, Isorhamnetin: 13.97mg, Isorhamnetin: 13.97mg, Isorhamnetin: 13.97mg Kaempferol: 26.62mg, Kaempferol: 26.62mg, Kaempferol: 26.62mg, Kaempferol: 26.62mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.22mg, Quercetin: 15.22mg, Quercetin: 15.22mg, Quercetin: 15.22mg

### Nutrients (% of daily need)

Calories: 256.09kcal (12.8%), Fat: 2.41g (3.71%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 50.46g (16.82%), Net Carbohydrates: 43.24g (15.72%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 287.86mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.77%), Vitamin K: 222.5µg (211.91%), Manganese: 2.41mg (120.53%), Vitamin A: 6006.25IU (120.13%), Vitamin C: 67.19mg (81.44%), Folate: 141.01µg (35.25%), Fiber: 7.22g (28.86%), Magnesium: 112.67mg (28.17%), Vitamin B1: 0.36mg (24.08%), Phosphorus: 232.4mg (23.24%), Vitamin B6: 0.43mg (21.62%), Calcium: 176.9mg (17.69%), Iron: 2.95mg (16.41%), Vitamin B3: 3.06mg (15.32%), Vitamin B2: 0.26mg (15%), Copper: 0.29mg (14.58%), Potassium: 492.56mg (14.07%), Zinc: 1.8mg (12.03%), Vitamin B5: 0.99mg (9.94%), Vitamin E: 0.69mg (4.59%), Selenium: 1.89µg (2.7%)